

**P R A Y E R S   O R   M E =**  
**ditacions,** wherin the mynde  
is styred paciently to suffre  
all afflictions here, to sette  
at nought the vayne prosper-  
tie of this worlde, and als  
way to longe for the euer=  
lastyng felicitie: collec-  
ted out of certain ho-  
ly woorkes by the  
moste vertuous  
and gracious  
princes Ca-  
tharine,  
Quene  
of  
Englande, France,  
and Irelande.  
Anno dñi,  
1545.



Coloss. iiii.

**I**f ye bee ryson agayne  
with CHRIST, seke the  
thynges, whiche are aboue,  
where Christe sitteth on the  
ryght hande of GOD. Set  
poure affection on thynges  
that are aboue : and nat on  
thynges, whiche are on the  
earthe.







**M**OST BEN  
nigne lord  
Jesu, graunt  
me thy gra  
ce, that it  
may alway  
woorke in  
me, and perseuer with me  
vnto the ende.

Graunt me, that I maye  
euer desyre and wille that  
whiche is mooste pleasaunte,  
and mooste acceptable to the.

Thy will be my will, and  
my will be to folowe alway  
thy will.

Let there be alwaye in me  
one wille, and one desire  
with the, and that I haue

Al

no

Coloss. iiii.

**I**f ye bee ryſen agayne  
with CHRIST, ſeke the  
thynges, whiche are aboue,  
where Chriſte ſitteth on the  
ryght hande of GOD. Set  
youre affection on thynges  
that are aboue : and nat on  
thynges, whiche are on the  
earthe.







**M**OST BEN-  
nigne lord  
Iesu, graunt  
me thy gra-  
ce, that it  
may alway  
woorke in  
me, and perseuer with me  
vnto the ende.

Braunt me, that I maye  
euer desyre and wille that  
whiche is mooste pleasaunte,  
and mooste acceptable to the.

Thy will be my will, and  
my will be to folowe alway  
thy will.

Let there be alwaye in me  
done wille, and one desire  
with the, and that I haue:

Al

no

PRAYERS

no desire to wille, or not to  
wille, but as thou wilt.

Loide, thou knowest what  
thyng is moſte profytable  
and moſte expedient for me.

Byue therfore what thou  
wilt, as muche as thou wilt,  
and whan thou wilt.

Doe with me what thou  
wilt, as it ſhall pleaſe the,  
and as ſhal be moſt to thyne  
honour.

Put me where thou wilt,  
and freely do with me in all  
thynges after thy wille.

Thy creature I am, and in  
thy handes, leade and turne  
me where thou wilt.

Yee, I am thy ſervant,  
ready



PRAYERS

readye to all thynges that  
thou commandest: for I des-  
sire not to liue to my selfe,  
but to the.

Lorde Iesu. I praye the  
graunt me grace, that I ne-  
uer set my herte on the thyng-  
es of this worlde, but that  
all worldly and carnall af-  
fections maie vtterly dye &  
be mortified in me.

Graunt me aboue all thing-  
es, that I maie rest in the,  
and fully quiete and pacifie  
my herte in the.

For thou lorde, arte the ve-  
raie true peace of herte, and  
the perfecte rest of the soule:  
and without the, al thinges

## PRAYERS

Be greuous and vnquiet.

My lord Iesu, I beseeche  
the, bee with me in euerye  
place, and at all tymes, and  
lette it be to me a special so-  
lace, gladly for thy loue to  
lacke all worldly solace

And if thou withdraw thy  
comforte fro me at any tyme,  
kepe me O lord, from despe-  
racion, and make me paci-  
ently to abide thy wyll and  
ordinaunce.

O lord Iesu, thy iudge-  
mentes bee rightuouse, and  
thy prouidence is muche bet-  
ter for me, than all that I  
can imagine or deuise.

Wherfoze do with me in  
all



## PRAYERS

all thinges as it shall please  
the : for it maie not bee but  
well, all that thou doest,

If thou wilt that I be in  
light, be thou blessed: if thou  
wilt I bee in darknesse, bee  
thou also blessed.

If thou vouchesafe to com-  
fort me, be thou highly bles-  
sed : if thou wilt I live in  
trouble, and withoute com-  
forte, be thou likewise euer  
blessed.

Lord, gyue me grace glad-  
ly to suffre what soeuer thou  
wilt shall fall vpon me, and  
patiently to take at thy hād  
good and badde, bitter, and  
swete: ioye and sorowe, and  
for

## PRAYERS

for all thinges that shall be-  
fal vnto me, hartily to thanke  
the.

Kepe me lorde from synne,  
& I shall then neither dread  
deathe nor hell.

O what thanks ought I  
to gyue vnto the, whiche hast  
suffered the greuous deathe  
of the crosse, to deliuer me  
frome my synnes, and to ob-  
teyn euertlasting life for me.

Thou gauest vs moſte per-  
fect example of patience, ful-  
filling and obeying the will  
of thy father euen vnto the  
deathe.

Make me wretched sinner,  
obediently to vse my ſelfe af-  
ter

tes



## PRAYERS

ter thy wyll in all thynges,  
and paciently to beare the  
bourden of this corruptible  
lyfe.

For though this life be tedi-  
ous, & as an heuy burdein to  
my soule: yet neuertheleſſe  
throughe thy grace, and by  
example of the, it is nowe  
made muche more eafie and  
comfortable then it was be-  
fore thy incarnaciō and paſ-  
ſyon.

Thy holy life is our waye  
to the, and by folowynge of  
the, we walke to the, that  
arte our head and ſauour:  
And yet excepte thou haddeſt  
gone before, and ſhewed vs  
A v the

## PRAYERS

the waye to euerlasting lyfe.  
who would endeuoure hym  
selfe to folowe the? seynge  
we be yet so slowe and dull,  
haupng the light of thy bles  
sed example & holy doctrine  
to leade and directe vs.

O lorde Jesu, make that  
possible by grace, that is im  
possible to me by nature.

Thou knowest well, that  
I maie litle suffre, and that  
I am anone cast downe and  
ouerthrowen with a litle ad  
uersitie: wherfore I beseeche  
the O lorde, to strengthen me  
with thy spirite, that I may  
willingly suffre for thy sake  
all maner of trouble and af  
flicti-



## PRAYERS

Flition.

Loorde, I will knowlage vnto the, al mine vnrighthuouſneſſe, and I wyll confeſſe to the all the vnſtablenefſe of my herte.

Oftentymes a verate litle thyng troubleth me ſore, and maketh me dull and ſlow to ſerue the,

And ſometyme I purpoſe to ſtande ſtrongly, but whan a litle truble cometh, it is to me great anguiſhe & grief, and of a right litle thyng riſeth a greuouſ temptation to me.

yea when I thinke my ſelf to be ſure and ſtronge, and  
that



## P R A Y E R S

that (as it seemeth) (I haue an  
upper hand : suddenly I feele  
my selfe ready to fall with  
a litle blaste of temptation.

Behold therfore good lord,  
my weakenesse, and consy-  
der me frailenesse, best kno-  
wen to the.

Haue mercy on me, and de-  
liuer me frome all iniquitie  
and synne, that I be not in-  
tangled therewith.

Oftentimes it greueth me  
sore, and in maner confound-  
eth me, that I am so vn-  
stable, so weake, and so fraile  
in resisting synfull mocions.

which although they drawe  
me not alway to consent, yet  
ue-

## P R A Y E R S

neuer the lesse theyr assaul-  
tes bee veraiie greuouse vn-  
to me.

And it is tedious to me, to  
lyue in suche battaile, albeit  
I perceyue that suche bat-  
taile is not vnprofytable vn-  
to me. For thereby I knowe  
the better my selfe, and myne  
owne infirmities, and that  
I muste seeke helpe onely at  
thy handes.

O lord god of Israell, the  
louer of all faithfull soules,  
bouchesafe to behold the las-  
bour and sorowe of me thy  
poore creature.

Assiste me in all thynges  
with thy grace, & so strength  
me



## PRAYERS

me with heauenly strength,  
that neither my cruell ene-  
mie the fende, neither my  
wretched fleshe (whiche is  
not yet subiect to the spirite)  
haue victory or dominion o-  
uer me.

O what a lyfe may this be  
called where noo trouble  
nor mysery lacketh: where  
euery place is full of snares  
of mortall enemies.

For one trouble or tempta-  
cion ouer passed, an other co-  
meth by and by, and the first  
conflicte yet durynge, a new  
battaile sodenly ariseth.

wherefore, lorde Iesu, I  
pray the, geue me the grace  
to



## PRAYERS

to rest in the aboue all thynges, and to quiete me in the aboue all creatures: aboue all glory and honoure, aboue all dignitie & power, aboue all cunnyng and policie: aboue al healt he and beautie, aboue all rycheſſe and treaſure: aboue all ioye and pleaſure: aboue al fame & praiſe: aboue all myrthe and conſolation that mans hert maie take or feele beſides the.

For thou lordc god, arte beſte, moſte wiſe, moſte high, moſt mightie, moſt ſufficiēt, and moſt full of al goodnes, moſte ſwete and moſte comfortable, moſte faire, moſte louing,

## PRAYERS

louyng, moſte noble, moſte glorious, in whom all goodneſſe moſte perfectly is.

And therfore what ſo euer I haue beſide the, it is nothing to me: for my hert may not reſte, ne fully be pacified but onely in the.

O lorde Jeſu, moſt louinge ſpouſe, who ſhall gyue me wynges of perfect loue, that I maye flye vp frome theſe worldly myſeries, and reſte in the?

O when ſhall I aſcend to the, and ſee, and feele howe ſweete thou arte?

When ſhal I holly gather my ſelfe in the, ſo perfectly,  
that



## PRAYERS

that I shall not for thy loue  
feele my selfe, but the onely  
aboue my selfe, and aboue  
all worldly thynges, that  
thou maiest vouchsafe to vi-  
site me in such wise, as thou  
doest visite thy moste faith-  
full louers?

Nowe I often mourne and  
complayne of the miseries  
of this life, and with sorow,  
and great heauynesse suffer  
them.

For many thynges happen  
daily to me, whiche oftenty-  
mes trouble me, make me he-  
up, and darken myne vnder-  
standyng.

They hinder me greatly,  
B and

P R A Y E R S

and put my mynd from the,  
and so encombe me many  
wayes, that I can not free-  
ly, and clere ly desyre the, ne  
haue thy swete consolaciōs,  
whiche with thy blessed sain-  
tes be alwaie present.

I beseeche the lorde Iesu,  
that the syghynges and in-  
ward desires of my hert  
maie moue and incline the  
to here me.

O Iesu, kynge of cuerla-  
sting glory, the ioye and com-  
fort of all christen people,  
that are wandrynge as pyl-  
grims in the wyldernesse of  
this worlde: my hert crieth  
to the by stil desires, and my  
silence



## PRAYERS

Silence speaketh vnto the, and  
sayeth : howe longe tarreth  
my lord god to come to me,

Come, O lord ; and visite  
me, for without the I haue  
no true ioye , without the,  
my soule is heuy and sadde.

I am in prison, and bound  
with fetters of sorow, till  
thou, O lord, with thy gra  
tious presence vouchsafe to  
visite me, and to brynge me  
agayne to libertie and ioy of  
spirite, and to shewe thy fa  
uourable countenance vnto  
me.

Open my hert lord, that  
I maie beholde thy lawes,  
and teache me to walke in  
thy

B.ii.

PRAYERS

thy commandementes.

Make me to know and followe thy will, and to haue alwayes in my remembrance thy manyfolde benefytes, that I maie yelde due thanks to the for them.

But I knowlage and confesse for trouthe, that I am not able to gyue the condigne thanks for the least benefite that thou hast gyuen me.

O lord, al gistes and vertues that any man hath in body or soule, natural or supernaturall, be thy gyses, and come of the, and not of our selfe, and they declare the great richesse of thy mercy



PRAYERS

ty and goodnesse vnto vs.

And though some haue mo  
giftes than other, yet they  
all procede from the, & with-  
out the, the leste cannot be  
hadde.

O lord, I accompte it for  
a greate benefit, not to haue  
many worldly giftes, wher-  
by the laude and praysse of  
men might blynde my soule,  
and deceyue me.

Lord, I knowe, that noo  
man ought to be abashed or  
myscontent, that he is in a  
lowe estate in this worlde,  
and lacketh the plesures of  
this lyfe: but rather to bee  
glad and reioyse therat.

## PRAYERS

For so much as thou hast  
chosen the poore and meeke  
persons, and suche as are di-  
spised in the worlde, to be  
thy seruantes and familiar  
frendes.

Witnesse be thy blessed A-  
postles, whom thou madest  
chief pastours and spiritual  
gouernours of thy flocke,  
whiche departed frome the  
counsaile of the Jewes, reioy-  
syng, that they were coun-  
ted worthy to suffre rebuke  
for thy name.

Even so, O lord, graunt,  
that I thy seruaunt maie be  
as well content to be taken  
as the least, as other bee to  
be



PRAYERS

Be greattist, and that I be as  
well pleased to be in the low-  
west place, as in the hyest?  
and as glad to be of no repu-  
tacion in the worlde for thy  
sake, as other are to be no-  
ble and famous.

Lorde, it is the worke of a  
perfeite man, neuer to seque-  
ster his minde from the, & a-  
mong many worldly cares to  
go without care: not after  
the maner of an ydle or a dis-  
solute persone, but by the pre-  
rogative of a free mynde, al-  
way minding heauenly thinges,  
and not cleauing by in-  
ordinate affection to any cre-  
ature.

Willi

I be

## PRAYERS

I beseeche the therefore my  
lord Iesu, kepe me from the  
superfluous cares of this  
worlde, that I be not inqui-  
eted with bodily necessities,  
ne that I be not taken with  
the voluptuous pleasures of  
the worlde, ne of the fleshe.

Preserue me from all thyn-  
ges, whiche hyndereth my  
soule healthe, that I bee not  
overthrowen with them.

O lord god, whiche arte  
swetenesse unspekable, turne  
in to bytternesse to me all  
worldly and fleschly delites,  
whiche moughte drawe me  
frome the loue of eternall  
thynges, to the loue of short  
and



PRAYERS

and vile pleasures.

Let not fleshe and bloude  
ouercome me, ne yet the  
worlde with his baynglozy  
deceyue me, nor the fēd with  
his manyfolde craftes sup=  
plant me: but giue me goste=  
ly strength in resisting them,  
paciencie in sufferyng them,  
and constance in perseuering  
to the ende.

Beue me, for all worldly  
delectacions, the most swete  
consolacion of thy holy spi=  
rit, and for all fleshly loue  
indue my soule with feruent  
loue of the.

Make me strong inward=  
ly in my soule, and caste out

B.v.

thera

## PRAYERS

therof al vnprofitable cares  
of this worlde, that I be nat  
ledde by vnstable desyres of  
earthly thinges, but that I  
maie repute all thinges in  
this world (as they be) tran  
sitorie, and soone vanishing  
awaye, and my self also with  
them, drawyng toward min  
ende.

For nathing vnder the  
sunne maie longe abide, but  
all is vanitie and affliction  
of spirite.

Beste me, lord, therefore  
heauenly wisdom, that I  
maie lerne to seke and fynde  
the, and aboue all thynges  
to loue the.

Beste



## PRAYERS

Geue me grace to with-  
drawe me from theym that  
flatter me, and patiently to  
suffre theym, that vniustely  
greue me.

Lozde, whan temptacion  
or tribulacion cometh, vou-  
chesafe to succour me, that  
all maie tourne to my gostly  
comforte, and patientely to  
suffre, and alwaye to saye,  
Thy name be blessed.

Lozde, trouble is nowre at  
hande, I am not well, but I  
am greatly vered with this  
presente affliction. O moſte  
glorious father, what ſhall  
I dooe? anguiſhe and trou-  
ble are on euery ſyde, helpe  
nowe

P R A Y E R S

I maie with gladnesse saie:  
The right hand of hym that  
is hyghest , hath made this  
chaunge.

Lozde graunte me thy singu-  
lar grace, that I maie come  
thether , where no creature  
shal let me, ne kepe me frome  
the perfeit beholding of the.  
For as longe as any transi-  
tory thing kepeth me backe,  
or hath rule in me, I maie  
not freely ascende to the

O lozde, without the, no-  
thyng maie longe delite or  
plesa: For if any thing shuld  
be liking and sauory, it must  
be through helpe of thy gra-  
ce, seasoned with the spyce  
of



**P R A Y E R S**

of thy wysedome.

O euerlastyng lyght, farre  
passyng all thynges, sende  
downe the beames of thy  
bryghtnesse from aboue, and  
purifye and lyghten the in-  
warde partes of my herte.

Quicken my soule, and all  
the powers therof, that it  
maie cleaue fast and be ioy-  
ned to the in ioyful gladnes  
of gostly rauishynges.

O when shall that blessed  
houre come, that thou shalt  
visite me, and glad me with  
thy blessed presence, when  
thou shalt be to me al in all:  
verily vntil that tyme come,  
there can be no perfecte ioye  
in

## PRAYERS

in me.

But alas, myne olde man,  
that is my carnall affectiōs,  
lyue styll in me, and are not  
crucified, nor perfittly deade.

For yet striueth the fleshe  
against the spirite, and mo-  
ueth great battaile inward-  
ly against me, and suffereth  
not thy kyngdom of my soule  
to lyue in peace.

But thou good lorde, that  
haste the lordeshyppe ouer  
all, and power of the sea to  
assuage the rages and sur-  
ges of the same, alyse and  
helpe me, destroy the power  
of myne enemies, whiche al-  
waies make bataile against  
me



PRAYERS

me, shew furth the greatnes  
of thy goodnesse, and let the  
power of thy right hande be  
glorified in me, for there is  
to me none other hope nor re-  
fuge, but in the onely, my  
lorde, my god, to the be ho-  
nor and glory euerlastyng.

O lorde, grant me, that I  
maie wholly resigne my self  
to the, and in all thynges to  
forsake my selfe, and paci-  
ently to beare my crosse, and  
to folowe the.

O lorde, what is man, that  
thou vouchsafest to haue  
mynde of him: and to visite  
hym?

Thou arte alwaie one, all  
waie

## PRAYERS

waie good, alway rightwile  
and holp, iustly and blessed-  
ly disposyng all thynges af-  
ter thy wysedome.

But I am a wretche, and  
of my selfe alwaie redy and  
prone to euill, and doo neuer  
abyde in one state, but many  
tymes do vary and chaunge.

Nevertheless it shall be  
better with me, whan it shall  
please the, for thou, O lord,  
only art he, that maist helpe  
me; and thou maiest so con-  
firme and stablishe me, that  
my hert shall not bee chaun-  
ged from the, but be surely  
fixed, and finally rest and be  
quieted in the.

I am



## PRAYERS

I am nothing elles of my  
life but vanitie before the,  
an vnconstant creature and  
a feble, and therefore, wherof  
maie I rightfully glory? or  
why should I loke to be ma-  
gnified.

who so pleaseth hym selfe  
without the, displeaseth the:  
and he that deliteth in men-  
nes praysonges, loseth the  
true prayse before the.

The true prayse is to bee  
praised of the: And the true  
ioye is to reioyse in the.

wherfore thy name (O lord)  
bee praysed, and not myne.

Thy workes be magnified  
and not myne, and thy good:

L.ii.

nes

PRAYERS

nesse bee alwayes lauded  
and blessed.

Thou arte my glorie, and  
the ioye of my herte, in the  
shal I glory, and ioye in the,  
and not in my selfe, nor in a-  
ny worldly honour or digni-  
tie, whiche to thy eternall  
glory compared, is but a sha-  
dow and veray vanitie.

O lord, we lyue here in  
great darkenes, and are sone  
deceiued with the vanities  
of this worlde, and are sone  
grieved with a lytle trouble:  
yet yf I coulde beholde my  
selfe wel, I shuld plainly se,  
that what trouble so euer I  
haue suffered, it hath iustely  
com=



## PRAYERS

commen vpon me, because I  
haue often synned, and gre-  
uously offended the.

To me therfore confucion  
and dispite is due: but to the  
lawde, honour, and glorie.

Lord, sende me helpe in my  
troubles, for mannes helpe  
is lyttell worthe.

How often haue I ben dis-  
pointed, where I thought I  
shoulde haue founde frendes-  
hip? And howe often haue  
I found it, where as I least  
thought?

wherefore it is a vain thing,  
to trust in man, for the true  
truste and helthe of man, is  
onely in the.

Liii Blessed

PRAYERS

Blessed be thou lord therefore in all thinges, that happeneth vnto vs: for we bee weake and vnsable, soone discerued, and soone chaunged from one thyng to another.

O lord god, moste righteous iudge, stronge and patiente, whiche knowest the frailtee and malice of man, be thou my hoolle strengthe and comforte in all necessities: for myne owne conscience (lorde) suffyceth not.

wherefore to thy mercie I do appeale, seyng no manne maie be iustified ne appere sightuous in thy syghte, if thou



PRAYERS

thou examine him after thy  
iustice.

O blessed mansion of thy  
heauenly citie, O most clea-  
rest daie of eternitie, whom  
the night maie neuer darke.

This is the daie, alwaie  
cleare and mery, alway sure,  
and neuer chaungynge his  
state.

woulde to god this daye  
myght shortly appere and  
shyne vpon vs, and that this  
worldely fantasies were at  
an ende,

This daie shyneth clearely  
to thy saines in heuē with  
euerlastyng brightnesse, but  
to vs pylgrims in earthe, it

¶ Till shyneth

## PRAYERS

bynethe obscurely, and as  
through a mirrour or glasse.

The heauenlye citezys  
know, how ioyous thys day  
is: but we, outlawes, the  
chyl dren of Eue, wepe and  
waile the bitter tediousnesse  
of our daye, that is of this  
present life, shorte and euill,  
full of sorrowe and anguyshe.

where man is often tymes  
despyled with synne, encom-  
bred with affliction, inque-  
ted with troubles, wrapped  
in cares, busied with vani-  
ties, blinded with errours,  
ouercharged with labours,  
bered with temptacions, o-  
uercome with vaine delites  
and



PRAYERS

and pleasures of the world,  
and greuously tormented  
with penury and nede.

O, when shal thende come  
of all these miseries?

when shal I be cletely de-  
liuered from the bondage of  
synne?

when shal I (lorde) haue  
onely mynde on the, and ful-  
ly be glad and mery in the?

When shal I be free with-  
out lettyng, and bee in per-  
fekte lybertie without grieue  
of body and soule?

When shall I haue peace  
without trouble: peace with  
in and withoute: and on eue-  
ry syde stedfaste and sure?

C b

D

PRAYERS

O lorde Iesu, when shall  
I stande and beholde the?  
and haue full sight and con-  
templacion of thy glorie? —

When shalt thou be to me  
all in all? and when shall I  
be with the in thy kingdom,  
that thou hast ordeined for  
thine electe people from the  
beginning?

I am lefte here poore, and  
as an outlawe, in the lande  
of myne enemies, where  
dayly be batailles and great  
misfortunes.

Comforte myne exile, ac-  
twage my sorowe, for al my  
desyre is to be with the.

It is to me an vnplesant  
but:



PRAYERS

burdeyne, what pleasure to  
euer the worlde offereth me  
here.

I desire to haue inwarde  
fructiō in the, but I can not  
attaine therto.

I couette to cleaue faste  
to heauenly thynges, but  
worldely affections plucke  
my mynde downeward.

I wolde subdue al yuel af-  
fectyons, but they daieily re-  
belle and ryse ageynste me,  
and will not be subiecte vnto  
my spirite.

Thus I wretched creature  
fighte in my selfe, and am  
greuous to my selfe, whyle  
my spirite despyeth to be vp-  
ward

PRAYERS

warde, & contrary, my fleshe  
draweth me downeward.

O, what lustre I inwardly  
ly? I go about to minde he-  
uently thynges, and streight  
a great rabble of wo:ldely  
thoughtes rushe in to my  
soule.

Therefore lord, be not longe  
awaie, ne departe not in thy  
wrathe from me.

Sende me the light of thy  
grace, destroye in me all car-  
nall desires.

Sende forth the hotte fla-  
mes of thy loue, to burne &  
consume the cloudie fanta-  
sies of my mynde.

Gather, O lord, my wit-  
tes



## PRAYERS

tes and the powers of my  
soule together in the , and  
make me to dispise al world-  
ly thinges, and by thy grace  
strongely to resist and over-  
come all motions and occa-  
sions of synne.

Helpe me, thou euerlasting  
Trouthe, that no worldely  
gyle nor vanitie hereafter  
haue power to deceiue me.

Come also thou heauenly  
swetenesse, & let al bitternes  
of synne flee farre from me.

Wardon me, and forgeue  
me, as ofte as in my prayer  
my mynde is not surely fix-  
ed on the.

For many tymes I am not  
there,

PRAYERS

there, where I stande or syt:  
but rather there, whither  
my thoughtes carie me.

For there I am, where my  
thought is, and there as cu-  
stomablye is my thoughte,  
there is that that I loue.

And that oftentymes com-  
meth into my mynde, that  
by custome pleaseeth me best,  
and that deliteth me most to  
thynke vpon.

Accordyngly as thou doest  
saie in thy gospel: where as  
a mannes treasure is, there is  
his herte.

Wherefore if I loue heauen  
I speake gladly therof, and  
of such thynges as be of god  
and



### PRAYERS

and of that that appertayneth to his honour, & to the glorifying of his holy name.

And if I loue the worlde, I loue to talke of worldly thynges: and I ioye anone in worldly felycitie, and sorowe, and lament soone for worldly aduersitee.

If I loue the fleſhe, I imagine oftentimes that pleaſeth the fleſhe.

If I loue my ſoule, I delight muche to ſpeake and to here of thynges, that bee for my ſoule healthe.

And what ſo euer I loue, of that I gladly here and ſpeake, and beate the ymag-  
ges

## PRAYERS

ges of them still in my minde.

Blessed is that man, that  
for the loue of the, lorde, set-  
teth not by the pleasures of  
this worlde, & leueth truely  
to ouercome hym selfe, and  
with the seruour of spirite  
crucifyeth his fleshe, so that  
in a cleane and a pure conci-  
ence, he maie offer his pray-  
ers to the, and be accepted to  
haue company of thy blessed  
angelles, all earthly thynges  
excluded from his herte.

Lorde, and hely father, be  
thou blessed, now and euer:  
for as thou wylte, so is it,  
done, and that thou dooest,  
is alwaye best.

Lette



## PRAYERS

Let me thy humble and vn-  
worthy seruaunt, ioye onely  
in the, and not in my selfe, ne  
in any thyng els besyde the.

For thou lord, art my glad-  
nesse, my hope, my crowne,  
and all myne honour.

What hath thy seruaunte,  
but that he hath of the, and  
that without his desert?

All thynges be thyne, thou  
hast create and made them.

I am poore, and haue been  
in trouble and payne euer  
from my youthe, and my  
soule hath ben in great hea-  
uinesse throughe manyfolde  
passions, that come of the  
worlde and of the fleshe.

**D**

**When**

PRAYERS

Wherefore lord, I desyre  
that I maie haue of the, the  
ioye of inward peace.

I aske of the, to come to  
that rest, whiche is ordeined  
for thy chosen children, that  
be fedde and nourished with  
the lighte of heauenly com-  
fortes : For withoute thy  
helpe, I cannot come to the.

Lorde geue me peace, geue  
me inward ioye, and then  
my soule shalbe full of hea-  
uenly melody, & be deuoute  
and feruente in thy laudes  
and praisynge.

But if thou withdrawe thy  
selfe from me (as thou haste  
sometyme done) than maie  
not



## PRAYERS

not thy seruant ren the way  
of thy commandementes, as  
I dyd before.

For it is not with me, as it  
was, when the lanterne of  
thy gostly presence did shine  
vpon my hed, and I was de-  
fended vnder the shaddowe  
of thy wynges from all pe-  
tyles and daungers.

O mercifull lord Iesu, euer  
to bee praysed, the tyme is  
come, that thou wilt proue  
thy seruante, and ryghtfull  
is it, that I shall now suffre  
somewhat for the.

Now is the houre comen,  
that thou hast knowen from  
the beginnyng, that thy ser-

Dii

uans

PRAYERS

naunt for a tyme shulde outwardly be set at naught, and inwardly to leane to the.

And that he shulde be despised in the syghte of the worlde, and be broken with affliction, that he may after arise with the in a new light and bee clarified and made glorious in thy kingdome of heauen.

O holy father, thou haste ordeined it so to be, and it is done as thou hast comāded.

This is thy grace (O lord) to thy friende, to suffre hym to be troubled in this world for thy loue, how often so euer it be, and of what persō  
so



PRAYERS

So euer it be, and in what manner so euer thou wilt suffre it to fall vnto hym: for without thy will or sufferaunce what thing is dooen vppon earth?

It is good to me (O lord) that thou hast mekened me, that I maie therby lerne to knowe thy rightuous iudgements, and to put from me all maner of presumption, and statelynesse of herte.

It is veray profitable for me, that confusion hath couered my face, that I maie learne therby rather to seke to the for helpe and succour, then to man.

## PRAYERS

I haue therby learned to  
dreade thy secrette and terri-  
ble iugementes, which scour-  
gest the righteous with the  
spinner, but not without equi-  
tie and iustice.

Lord, I yelde thanks to  
the, that thou haste not spa-  
red my synnes, but hast pu-  
nyshed me with scourges of  
loue, and haste sent me affli-  
ction and anguyshes within  
and without.

No creature vnder heauen  
make comforte me but thou  
(Lord god) the heauenlie  
leache of mans soule, which  
strikest and healest, whiche  
brynge a man nyghe vnto  
death,



PRAYERS

Death, and after restored him  
to life agayne, that he maie  
therby learne to knowe his  
owne weakenesse and imbe-  
silitie, and the more fully to  
truste in the (lorde.)

Thy discipline is layde vpon  
me, and thy rod of cor-  
rection hath taught me, and  
vnder that rod I holly sub-  
mitte me.

Strike my backe and my  
bones, as it shall please the,  
and make me to bowe my  
crooked will vnto thy will.

Make me a meeke and an  
humble disciple as thou hast  
sometime done with me, that  
I maye walke after thy wil.

D iii

To

## P R A Y E R S

To the I committe my self  
to be corrected : for better it  
is to be corrected by the here  
then in tyme to come.

Thou knowest al thinges,  
and nothyng is hid from the  
that is in mans conscience.

Thou knowest al thynges  
to come before they fall , & it  
is not nedeful, that any man  
teache the , or warne the of  
any thing that is done vpon  
the earth.

Thou knowest what is pro  
fitable for me , & howe mu  
che tribulacions helpen to  
purge away the rust of sinne  
in me.

Doe with me after thy plea  
sure,



PRAYERS

Ture, I am a synfull wretch;  
to none so well known as  
to the.

Braunt me (Lorde) that to  
knowe, that is necessary to  
be known: that to loue, that  
is to be loued: that to desire,  
that pleaseth the: that to re-  
gard, that is precious in thy  
syghte: and that to refuse;  
that is vyle before the.

Suffre me not to iudge thy  
misteries after my outward  
senses, ne to geue sentence  
after the hearyng of the ig-  
norante, but by true iudge-  
ment to discernethinges spi-  
rituall, and aboue all thyn-  
ges alwaie to serche and fo-

D.v.

lowe

PRAYERS

love thy wyll and pleasure.

O lorde Iesu, thou art all my richesse, and all that I haue, I haue it of the.

But what am I (lorde) that I dare speake to the? I am thy poore creature, and a worne moste abecte.

Beholde Lorde, I haue nought, and of my selfe I am nought worthe, thou art onely god, tyghtuous and holy, thou orderest all thynges, thou gyuest all thynges, and thou fulfyllest all thynges with goodnesse.

I am a synner, barren and boide of godly vertue.

Remember thy mercyes,  
and



## PRAYERS

and fill my herte with plentie of thy grace, for thou wilt not that thy workes in me shuld be made in vain.

Howe maie I beate the myserie of this lyfe, except thy grace and mercie dooe comforte me?

Turne not thy face from me, deferre not thy visityng of me, ne withdraw not thy comfortes, lest happily my soule be made as drie earthe without the water of grace.

Teache me lord, to fulfyl thy wyll, to lyue meekely, and worthily before the, for thou arte all my wysedome and cunnyng, thou arte he,  
that

PRAYERS

that knowest me as I am,  
that knewest me before the  
worlde was made, and be-  
fore I was borne or brought  
into this life, to the (o lord) be  
honour glorie and prayse  
for euer and euer. Amen.

Laudes deo in eter-  
num. Amen.



## **C** A pꝛaier for the kyng.

**O** L O R D E Iesu Chꝛiſte  
moſte hygh, moſt myghty,  
kyng of kynges, lord of  
lordes, the onely ruler of princis,  
the verate ſonne of god, on whoſe  
right hand ſyttiſg, doeſt from thy  
throne beholde all the dwellers vꝛ  
pon earth: with moſte lowly her  
tes we beſech the, vouchſafe with  
fauourable regarde, to behold our  
moſte gracious ſoueraigne lord,  
kyng Henry the eyght, and ſo re  
plenſhe him with the grace of thy  
holy ſpirite, that he alwaie incline  
to thy wyl, and walke in thy way,  
keepe hym far of from ignozance,  
but through thy gifte, let prudence  
and knowlage alwaie abounde in  
his royall herte: So inſtruct hym

**D**

## P R A Y E R S

**(O L O R D E Iesu)** reigning  
 vpon vs in earth, that his humaine  
 maiestie, alwaie obeye thy diuine  
 maiestie in feare and drede. In-  
 due hym plentyfully with heuently  
 giftes. Graunt hym in helthe and  
 welthe longe to lyue. Vscape glory  
 and honour vpon hym. Glad hym  
 with the ioye of thy countenance.  
 So strengthe hym, that he maie  
 vanquyshe and ouercome all his  
 and our foes, and be dred and fea-  
 red of all the enemies of his re-  
 alme. Amen.

**A** prayer for men to saue  
 entering into battaile.

**O** Almyghty kyng and lord  
 of hostes, which by thy an-  
 gels therewith appointed  
 dost minister both warre & peace.  
 and



and which biddest geue vnto Da-  
uid both courage and strength, be-  
ing but a litle one, vnarmed, and  
vnexpert in feates of warre, with  
his sling to sette vpon and ouer-  
throwe the gret huge Goliath, our  
cause now being iust, and being in-  
forced to entre into warre and ba-  
ttayle, we most humble beseeche the  
(O lord god of hostes) so to turne  
the hertes of our enemies to the  
desire of peace, that no chryste bloud  
be spilt, or els graunt (O lord) that  
with small effusion of bloud, and  
to the litle hurt & damage of inno-  
centis, we may to thy glory, obtain  
victory: and that the warres be-  
ing soone ended, we may all, with  
one hert and mynde, knyt together  
in con corde and vnitie, laude and  
praise the, whiche liuest and reig-  
nest, world: without ende. Amen.

PRINTED at Lon-  
don in Fleetstreet by Thomas  
Berthelet, printer to the kinges  
highnes, the secorde  
of June, the yere of  
our lord M.  
D. XLV.

Cum privilegio ad imprimen-  
dum solum.





